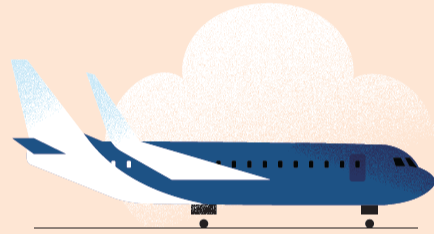


California almond trees store a lot of *carbon*



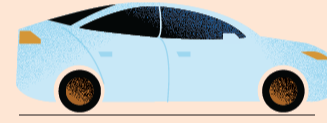
30 million
metric tons
of carbon

=



3,134
Boeing 737s

or



24.5 million
gas-powered
passenger
vehicles

or



29
coal-fired
power plants



Use this QR code to access citation information.

Building *biodiversity*



1 in 3 *bites*
of food depend
on pollinators.



86%

of all U.S. **bee-friendly certified farms** are almond farms.



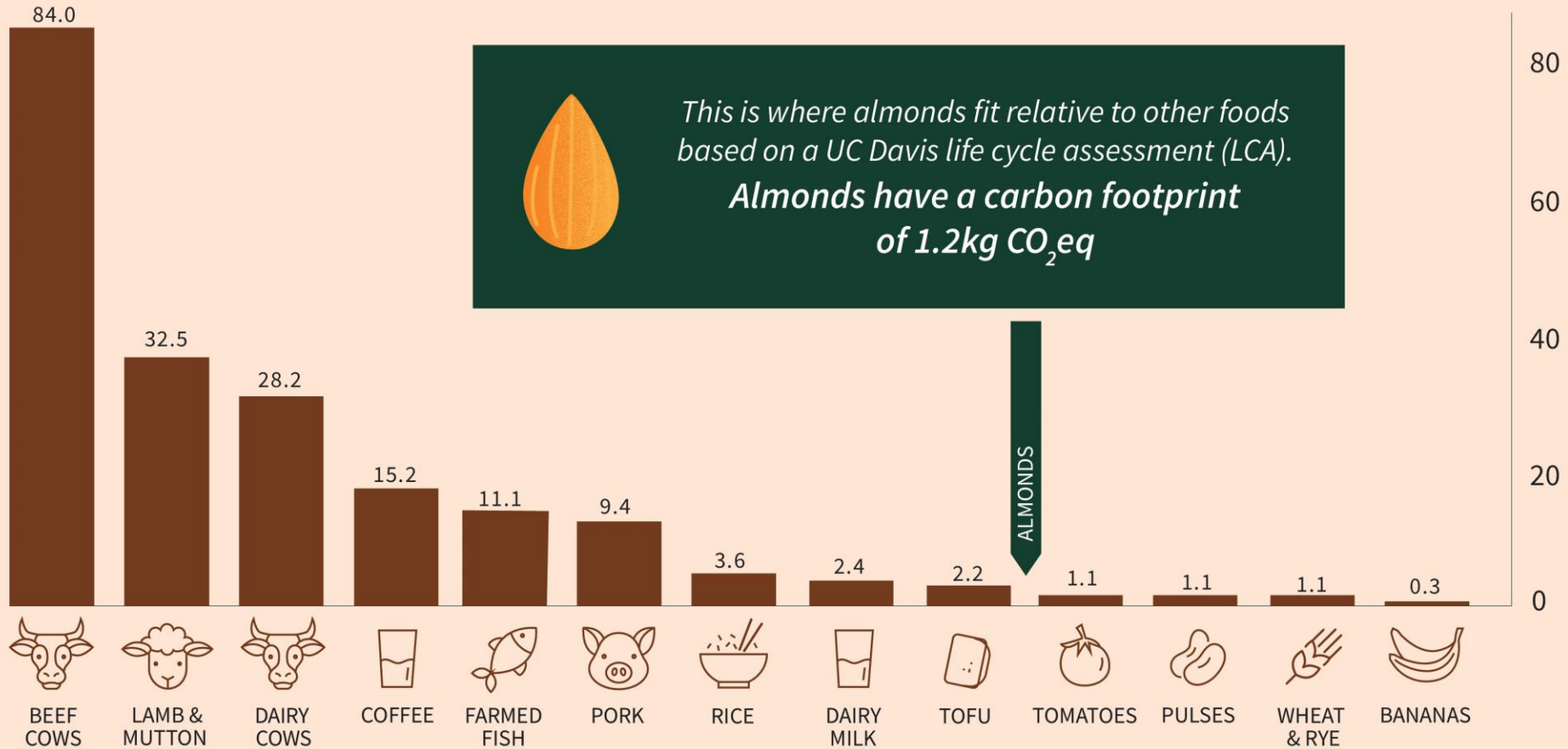
42%

of California almond orchards (685K acres) **maintain cover crops** between tree rows.



Use this QR code to access citation information.

Almonds have a low carbon footprint



Greenhouse gas emissions per kilogram of food product (kg CO₂eq)



Use this QR code to access citation information.

An illustration of a man and a child in a field. The man, on the left, is wearing a green shirt, brown pants, and yellow boots. He is crouching down, looking at the ground. The child, on the right, is wearing a green shirt and dark pants, kneeling and holding a small green object. A large, bright yellow sun with rays is in the upper left corner. The background is white, and the foreground is a dark green field with a wavy bottom edge.

Everything you get
with a handful of

Almonds

Health and nutrition

Ounce for ounce, almonds are the tree nut highest in protein, fiber, calcium, vitamin E, riboflavin and niacin and may be a more efficient way to consume certain nutrients.

One portion of almonds provides:

6 grams of protein

50% of daily vitamin E

77 milligrams magnesium

13 grams unsaturated fats

13% of daily fiber

Equivalent to:



4.8x as much quinoa



16.9x as much cooked asparagus



3.8x as many cooked black beans



3.9x as much avocado



5.7x as many bananas

or



2.3x as many chickpeas

or



12.5x as much raw spinach

or



9x as much tofu

or



6.3x as much salmon

or



13.3x as much pineapple



Use this QR code to access citation information.

More crop per *drop*

33%

reduction in water
used to grow each
almond between

**1990s–
2010s**

15%

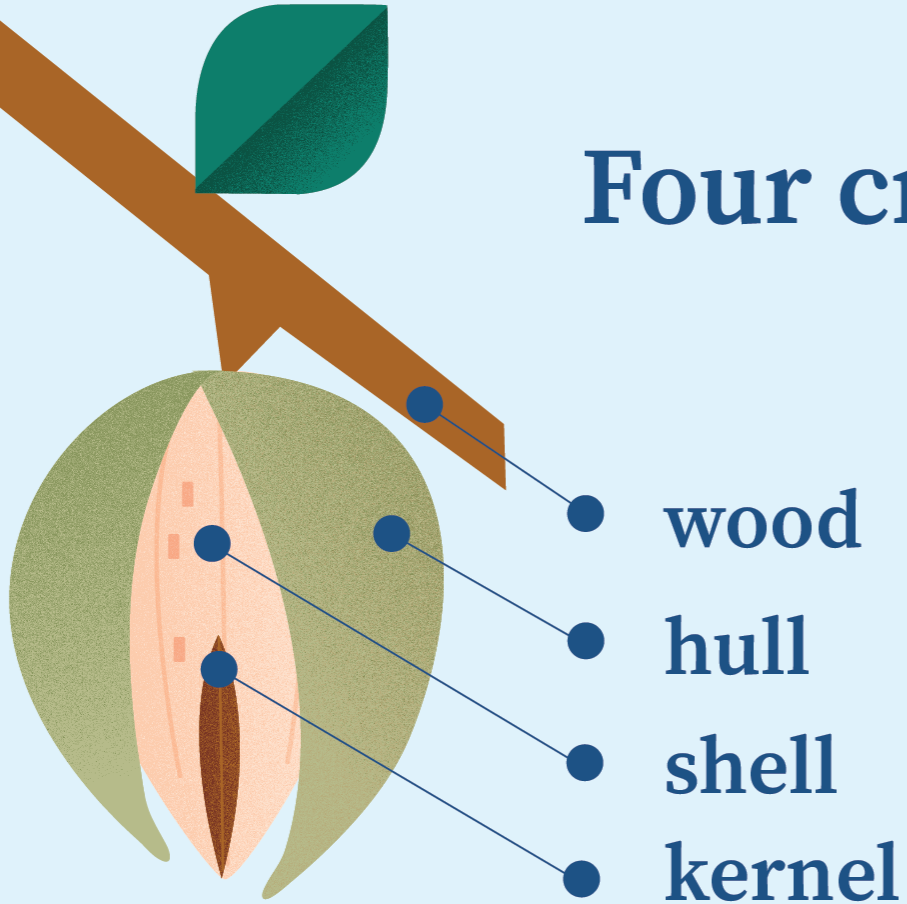
more reduced
between **2018–2022**,
part of a 20%
reduction goal by

2025



Use this QR code to access citation information.

Four crops in *one*



Almond orchards actually grow four products: the kernel you eat, which grows in a shell, protected by a hull, on a tree productive for approximately 25 years.



Use this QR code to access citation information.

Nothing goes to *waste*

Trees store carbon and are **transformed into electricity** or ground up into the soil at the end of their lives.



Shells become **livestock bedding.**



Hulls are nutritious **dairy feed.**



Use this QR code to access citation information.

Reducing the water needed to grow feed *crops*



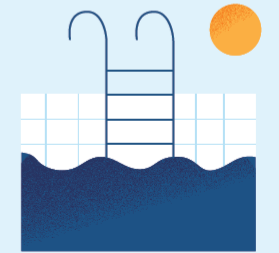
Almond hulls are nutritious **dairy feed**, saving



=



or



440 billion
gallons of water

4 million
U.S. households'
annual water use

667,000
Olympic
swimming pools



Use this QR code to access citation information.

No food waste *here*

America throws away nearly 60 million tons of food every year— that's almost **40% of the entire U.S. food supply**. Less than 1% of almonds are thrown out thanks to their **two-year shelf life**.



Almonds are a shelf-stable food which means they are **shipped around the world by boat**. Cargo ships produce **50x less CO₂ per kilometer** than travel by plane.



Use this QR code to access citation information.

Whole orchard *recycling*

25-year lifespan

Almond orchards are a **no-till environment** for their 25-year lifespan.



Back to the soil

At the end of their productive lives, whole trees are ground up and incorporated back into the soil, extending their sequestration.

On-farm adoption

Since this practice was **introduced in 2017**, nearly half of almond farmers replanting orchards have used this approach.



1 acre recycled = *2.4 tons* of carbon captured = *Living car-free* for a year

Soil and organic matter

42%

Water holding capacity

32%

Orchard cumulative yields over 5 years

19%



Use this QR code to access citation information.

Getting the most out of every drop

33%

reduction in water used to grow each almond between 1990s–2010s

15%

more reduced between 2018–2022, part of a 20% reduction goal by 2025

Nothing goes to *waste*

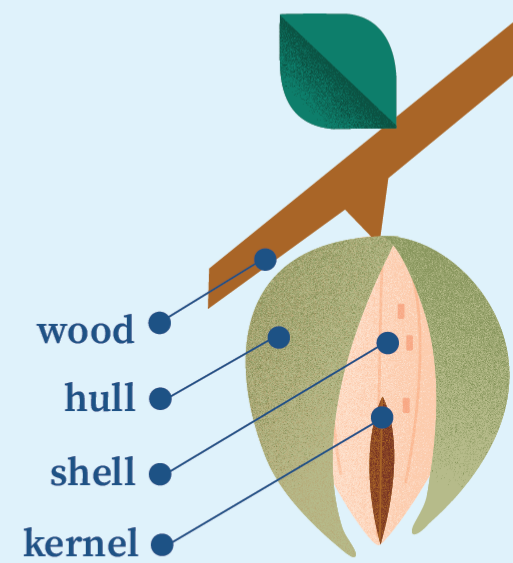
Trees store carbon and are **transformed into electricity** or ground up into the soil at the end of their lives.



Shells become **livestock bedding.**



Hulls are nutritious **dairy feed.**



Reducing the water needed to grow other feed *crops*

=

440 billion gallons of water



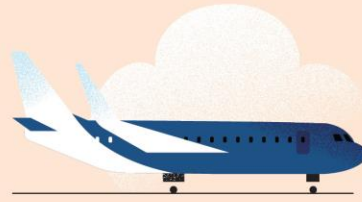
Climate smart farming

Almond trees store a lot of *carbon*



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=



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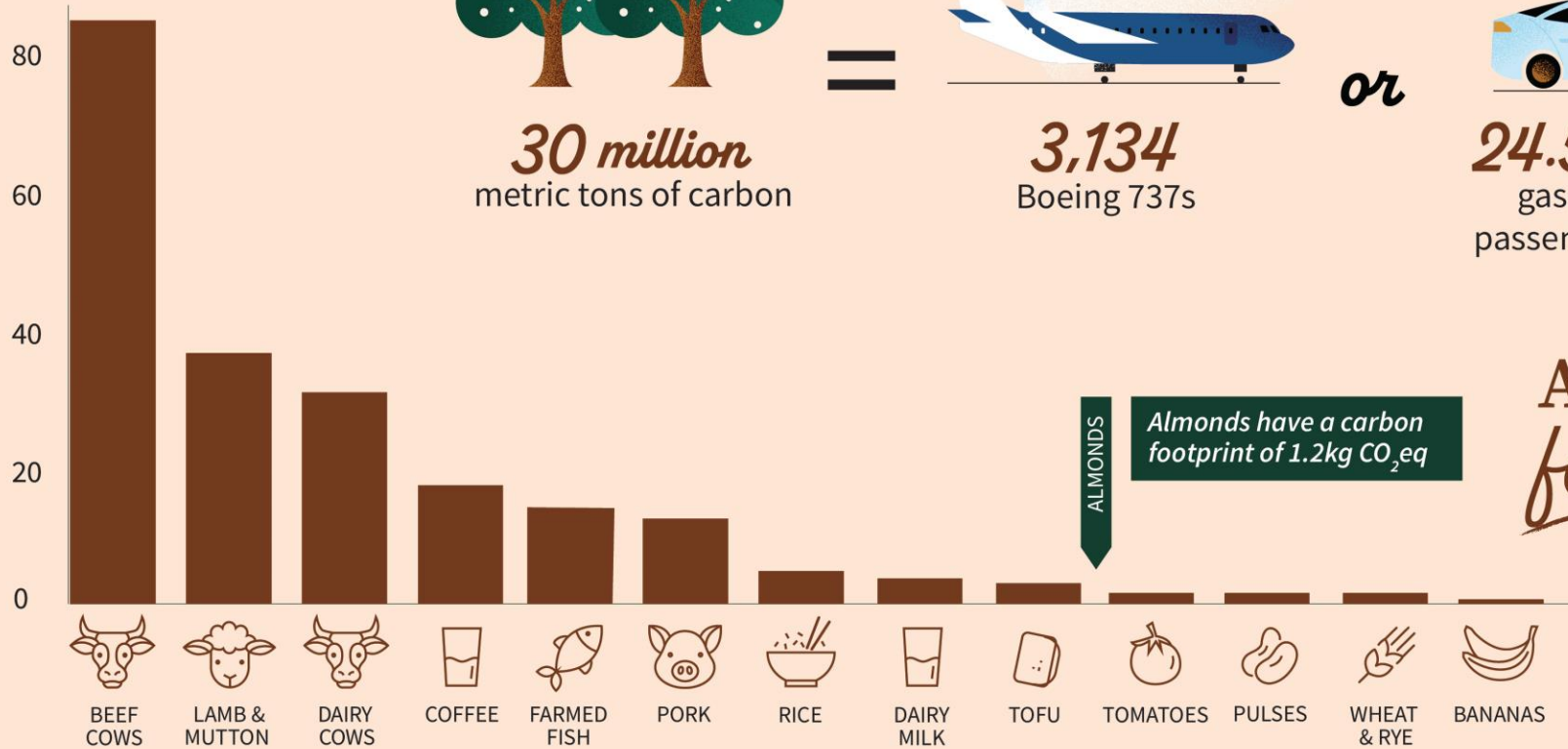
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29
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Greenhouse gas emissions per kilogram of food product (kg CO₂eq)



ALMONDS

Almonds have a carbon footprint of 1.2kg CO₂eq

And have a low carbon footprint



Building biodiversity



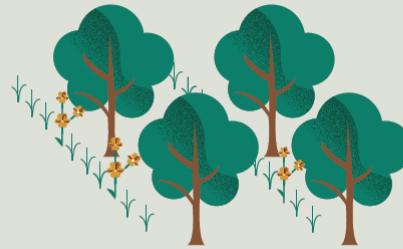
1 in 3 *bites*
of food depend
on pollinators.

Growing more than *almonds*



86%

of all U.S. **bee-friendly certified farms** are almond farms.



42%

of California almond orchards (685K acres) **maintain cover crops** between tree rows.



Helping
honey *bees*

Bees get their first food of the year in almond orchards as they collect nutritious pollen and nectar. Beekeepers report their **hives consistently leave stronger** than when they arrived.



Why California?



Family farms

There are 7,600 almond farmers in California: **90% are family farms**, and 70% of orchards are 100 acres or less.



High standards

California's growing environment is one of the **most regulated globally**, with strict laws protecting the environment, worker and food safety.



Ideal climate

California is **1 of only 5 Mediterranean climates** on Earth, essential to growing almonds.



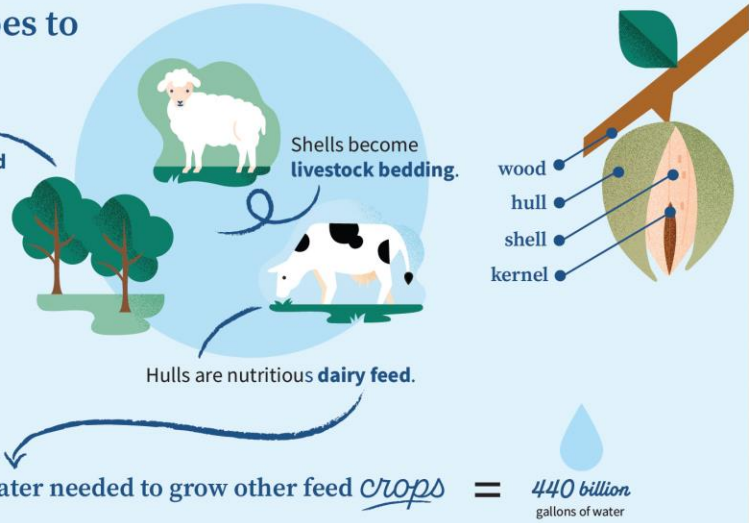
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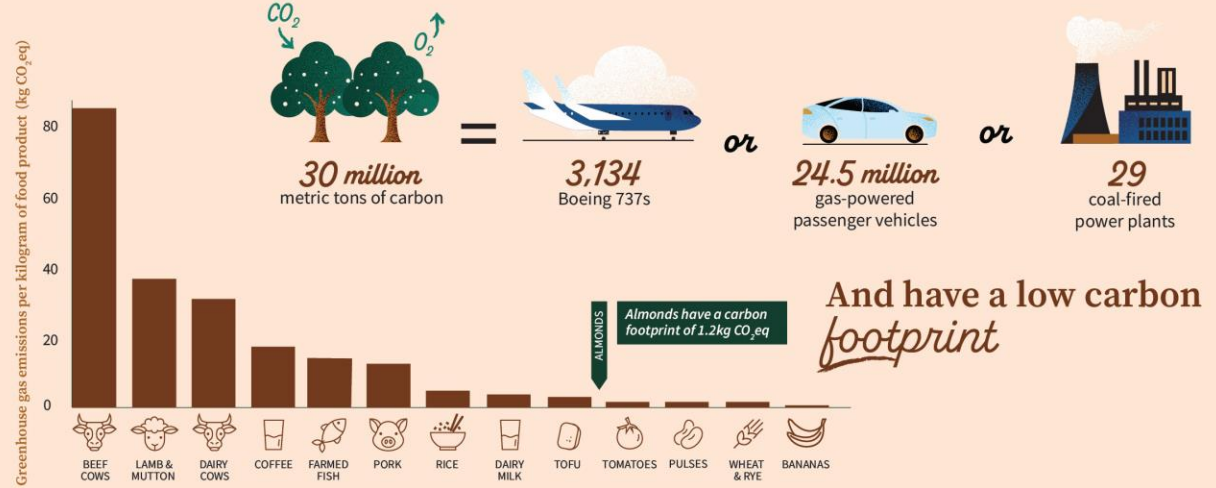
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